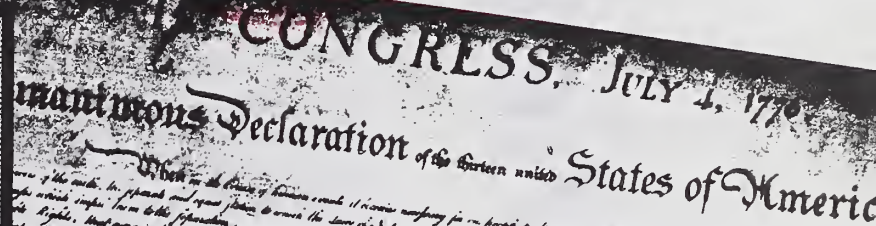


JULY/AUGUST 1984

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Viewpoint

The beaches are quiet now. The obstacles that once spiked the ribs of Fortress Europe are rusted hulks. Sea gulls soar across the sky that once was filled with metal birds of war, and children play in the surf where men struggled and died. All is peaceful now, and free. Because of what those men did.

Forty years have passed since the Normandy invasion marked the beginning of the end for Nazi Germany. It was one of the greatest operations in the history of warfare, involving more than 175,000 men in the allied forces. It was called Operation Overlord, but during the years of preparation the public knew it simply as "D-Day."

The ships and planes that blasted those beaches are scrap metal now. The terrible bunkers that sheltered the German cannon are deserted monuments. Many of the men who endured that day are now dead. Even political alliances change, and today German, American and British soldiers train together as comrades.

Still, some things remain the same. The beaches remain. And the freedom won and defended in that war. And the memory of brave men who paid the price of liberty.

Editor's Note: The above article was prepared in the Office, Chief of Public Affairs, U.S. Army Health Services Command, Fort Sam Houston.

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ARMY INTELLIGENCE BALL. The 9th Annual Army Intelligence Ball was held on Saturday, September 29, in the Bolling Air Force Base Officer's Open Mess, Washington, D.C.



INSCOM has new leader

Brig. Gen. (P) Harry E. Soyster assumed command of the U.S. Army Intelligence and Security Command (INSCOM), Arlington Hall Station, upon the retirement of Maj. Gen. Albert N. Stubblebine III in a ceremony June 26 on the parade field at Vint Hill Farms Station.

The INSCOM colors were passed to Brig. Gen. Soyster and moments later, the retirement orders for Maj. Gen. Stubblebine were read as he stepped down from 32 years of military service and three years of command of INSCOM.

Gen. Soyster's last assignment was as the Deputy Assistant Chief of Staff for Intelligence for Systems and Automation, at Headquarters, Department of the Army, Washington, D.C.

Gen. Soyster, a native of Altoona, Pa., received a B.S. degree in engineering in 1957 as a graduate of the United States Military Academy at West Point, where he was commissioned a second lieutenant in Artillery.

He received an M.S. degree in chemistry in 1963 from Pennsylvania State University and an M.S. degree in management in 1973 from the University of Southern California.

by SFC Stephen E. Sotcan

His military education includes the Field Artillery School's Basic and Advanced courses at Fort Sill, Okla., as well as the Command and General Staff College at Fort Leavenworth, Kan., in 1968, and the National War College at Fort Lesley J. McNair in 1977.

The first half of his military career was spent with various field artillery unit assignments, including that of Executive Officer in July 1968, and later Operations Officer with the 2d Battalion, 35th Artillery, II Field Force, United States Army Vietnam, and as instructor and assistant professor in the Physics and Chemistry Department at the United States Military Academy.

In September 1969, he was assigned as Personnel Staff Officer, Strength Requirements Branch, Capabilities and Analysis Division, Procurement and Distribution Directorate in the Office of the Deputy Chief of Staff for Personnel, U.S. Army, Washington, D.C.

Shortly after his promotion to lieutenant colonel in 1971, he was assigned as Staff Operations Watch Officer, and

later to the Operations Directorate, J-3, Office of the Joint Chiefs of Staff in Washington, D.C.

During July 1974, he became Commander of the 1st Battalion, 31st Field Artillery, 2d Infantry Division, in Korea, until October of that year when he became Commander of the 2d Battalion, 17th Field Artillery, 2d Infantry Division.

In August 1975, he was reassigned as the Chief of Oral History for the United States Army Military History Research Collection Center at Carlisle Barracks, Pa.

After graduation from the National War College and his promotion to colonel, he was assigned in July 1977 as Chief of the Audit and Inspections Compliance Division for the United States Army Inspector General Agency in Washington, D.C.

In July 1978, he was assigned as Commander, Division Artillery, 24th Infantry Division, at Fort Stewart, Ga. In December 1979 he became Chief of Staff for the 24th Infantry Division, Fort Stewart.

He returned to Washington, D.C. in 1982 at Headquarters, Department of the Army, where he was promoted to brigadier general in July.

The ceremony got under-



way with a review of troops by Gen. Maxwell R. Thurman, Vice Chief of Staff of the U.S. Army, Maj. Gen. Stubblebine, Brig. Gen. Soyster and Col. Thayer Cumings, commander of troops.

After the command's colors were passed to Brig. Gen. Soyster, Gen. Thurman introduced INSCOM's new commander as a "dynamite leader."

"The excellent troops of INSCOM provide you with outstanding ammunition to handle the job," said Gen. Thurman, facing Gen. Soyster. Then Gen. Soyster welcomed the distinguished

guests noting that "the United States Army Intelligence and Security Command" had a nice ring to it.

"I'm excited to be here in front of you today," Gen. Soyster said to the troops. "Tomorrow I'll be among you."

Gen. Soyster was quick, and to the point: "We have a big job to do, so let's do it."

As Gen. Stubblebine offered his welcoming remarks, he made a special point of noting the presence of the formed troops before him.

"How does one start to end? How can I condense a life into an instant? It's not easy to say goodbye," he said.

Gen. Stubblebine thanked his wife and family for standing by him throughout his career. He spoke of the value of new ideas in a command such as INSCOM. Turning to Gen. Thurman, he said, "Sir, I salute you." And then, turning, he said, "Gen. Soyster, I salute you." Facing the forma-

tion of troops, he stated, "But most of all I salute you, the soldiers of the United States Army. I thank you for your support, your help and your best efforts. I thank you for 32 years and 28 days of service."

Upon conclusion of the remarks, the troops on line were given the command to "Pass-in-Review."

Company commanders of six INSCOM units passed their units before the reviewing stand along with the colors, the Fife and Drum Corps of the Old Guard and the U.S. Army Band (Pershing's Own).

At the end of the Pass-in-Review, and as the U.S. Army Band played Auld Lang Syne and The Army Song, Mrs. Stubblebine was given a Certificate of Appreciation. Gen. Stubblebine was also presented the American flag which was flown over the Capitol and used during the Change-of-Command ceremony.

In search of security

by SSgt. Jeffrey Smith

In recent years, the military has stressed the need for improved operational security (OPSEC).

Those who fail to learn from the past are doomed to repeat it. History gives many examples of both good and bad operations security. In the early days of our country, Custer's brash ride in the open to Little Big Horn, and in early Greek history, the Trojan Horse entering the city of Troy, are examples of both good and bad operations security.

Custer ignored orders and failed to insure the security of his troops as he rode to rendezvous with larger elements. The Indians, meanwhile, kept Custer under surveillance and did not let their intentions be known until they were ready to attack. The Trojans, confident of their security behind the walls of Troy, allowed a wooden horse into their city without checking it. Greek soldiers quietly waited inside the body of the horse until Troy was asleep and proceeded to open the gates of the city, which meant the end of Troy.

From one era of time to another, World War I saw the use of reconnaissance aircraft gathering information on troop movements. Troop buildup could be seen from the sky. A consequence of these flights was a lack of security and years of close-in, bloody trench warfare. The first World War also saw the beginning of the electronic

age. Germany, desperate to keep America out of Europe, sent a plain text telegram offering to help Mexico reclaim its lost territories in North America if it attacked the United States. The message, called the Zimmerman letter, was picked up in both London and New York before it reached Mexico. The Mexican government declined the offer, but because of the furor it caused, America edged closer to involvement in World War I.

In World War II, electronic security played a major role in the allied victory. Japanese codes were broken before hostilities began and were used successfully by America throughout the war. The most famous case was the Battle of Midway, where codebreakers were able to determine task force sizes, types of ships, and the direction of approach. The United States, observing strict operations security, waited. The result was an American force of fewer than 50 ships defeating a Japanese force of nearly 500 vessels. Despite this, Japan never changed its codes significantly. Germany used a sophisticated keyboard device for its codes during the war. Britain was able to smuggle one of the devices, code-named Enigma, out of Czechoslovakia in the late 1930's and used spies in Berlin to supply daily codes to London. Enigma was so important to the war effort that

Sir Winston Churchill said he would shoot anyone who disclosed the existence of the device.

The conflict in Vietnam brought out severe weaknesses in America's OPSEC posture. Valuable information was often unclassified and made easily obtainable to spies. Logistics and maintenance activities often telegraphed upcoming military operations. Military defeats and heavy losses of life caused by poor operational security created problems that still scar this country. A bizarre consequence of our poor OPSEC was the security that surrounded our own intelligence efforts in Vietnam. Before information gathered on Communist strengths could be disseminated to local commanders, it was often sent to the States for evaluation. This eliminated the timeliness of the intelligence to the point that a commander would receive important combat information after the battle was fought. Reports on increasing Communist strength in South Vietnam were not made available in time to meet the TET Offensive. Attacks on Hue and Saigon during TET were devastating to this country's morale and our soldiers' will to fight.

Today, in peacetime, OPSEC is acknowledged as a decisive factor in the outcome of any future conflict. In the modern world of high tech military weapons, operational

security has reached into the work lives of civilians and become very important to all concerned.

In operational security, the West Coast Battalion provides support to military units throughout the United States and Alaska.

The West Coast Battalion is a dynamic, expertly trained group of soldiers that brings to the Presidio a colorful past filled with outstanding achievements that create a special pride for the troops

who serve in it. First formed in May 1946 in West Germany as the 525th MI Group, the Battalion moved to Fort Meade in 1957. By 1965, hostilities in Southeast Asia were mounting and the 525th went to Vietnam where it served with honor receiving three Meritorious Unit Citations.

When American involvement in Vietnam ended in 1973, the 525th was deactivated. In 1974, the unit returned to active duty at the Presidio.

With INSCOM's activation in 1977, the 525th became the 93rd MI Battalion (Provisional). In early 1978, the unit received its current designation as Counterintelligence and Signal Security Support Battalion and became a part of INSCOM's 902d Military Intelligence Group at Fort Meade.

Good operational security is found at the Presidio. The Battalion will continue to maintain that standard of operational security.

D-Day remembered

The D-Day invasion of Europe by Allied forces on June 6, 1944 was probably the most crucial event of World War II, for the fate of Europe hung upon its success.

The British had been at war with Germany since September 1939 when Hitler's troops marched into Poland. Russia had been at war since June 1941. And the United States had entered the war when the Japanese attacked Pearl Harbor in December 1941. By then, Germany had overrun Western Europe, was inflicting severe losses on Russia, and was bombing England continuously as Hitler planned an eventual invasion of the British Isles. It was apparent that only an invasion of the European continent could bring about a German defeat.

Planning for the invasion got underway in 1943, following the Casablanca meeting of President Roosevelt and Prime Minister Churchill in January

of that year. None recognized better than they the hazards of such an operation, how vast an array of men, ships, and air power would have to be mustered. None were more aware of the urgency, nor more eager to see the plan brought to fruition. However, despite the best efforts of the Allies, the powerful forces necessary to ensure success could not be assembled in time for an invasion in 1943. Critical shortages, particularly of landing craft, forced a postponement of the assault.

By early 1944 all this had changed. In the spring, General Eisenhower arrived in London as Supreme Commander of the Allied Expeditionary Force. Plans were being completed for the most massive amphibious operation in history, code-named Operation Overlord. An Allied army of 3½ million men (1½ million Americans and 2 million British, Canadians, and units representing many of

the occupied countries of Europe) was marshalled in staging areas and ports over a large area of southern England. Supporting them was an armada of 1213 warships, over 400 landing craft, 1600 other ships, 11,000 aircraft, and 3500 gliders.

All ground troops were initially under the unified command of British Field Marshall Montgomery. Allied planners had divided the Normandy coast of France, where the invasion was to take place, roughly from Cherbourg to LeHavre—a 50-mile battle line—into five beach zones called Utah, Omaha, Gold, Juno, and Sword. The American First Army under the command of General Bradley, was assigned the two western beaches, Utah and Omaha. The British and Canadians were assigned the other three.

The German high command knew that an invasion was to take place but through a variety of ingenious deception op-

erations in the months and weeks before the assault, the Allies had the Germans convinced that Calais was the most likely invasion point. Thus the strongest German army—the Fifteenth—and several of their best armored divisions were concentrated against the area near Calais, rather than along the Norman coast. The German defense depended heavily on those soldiers already manning the fortifications along the Atlantic Wall and those stationed in nearby towns.

The invasion was originally to have taken place on June 5, but, on the night of June 3, with the armies already

aboard the ships, Eisenhower's weather advisor forecast for June 5 high winds and cloud cover too low for flying. The invasion would have to be delayed. But, if it were delayed beyond June 6, the convoys already at sea would have to be brought back and the tides would not again be favorable until June 19. The weather forecast for June 6 was more encouraging, though far from ideal, and Eisenhower made the fateful decision to go ahead with the invasion on June 6.

On that day, at 12:15 a.m., the 6th British and 82d and 101st U.S. Airborne Divisions began dropping into enemy

territory behind the Normandy beaches. Their task was to secure airfields, cut railroad lines, and blow up bridges, to protect the flanks and facilitate the advance of the invading forces. The paratroopers were followed by gliders carrying men and equipment and towed by bombers. The Germans responded with heavy anti-aircraft fire but most German commanders did not take the airborne assault very seriously.

The actual assault on the beaches began soon after dawn. The landings went well on the British beaches and on Utah, where the 4th Division



American assault troops in a landing craft huddle behind the protective front of the craft as it nears a beachhead on the Northern Coast of France. Smoke in the background is Naval gunfire supporting the landing. (Photo courtesy of DOD)

was in control of the beach and the men were pushing inland to meet the paratroopers and glider troops.

On Omaha Beach, some ten miles up the coast from Utah, the situation was quite different. The assault on Omaha was under Lt. Gen. Leonard Gerow's V Corps, the spearhead formed by the 1st Infantry Division reinforced by the 29th Infantry Division's 116th Infantry. They were met with murderously effective cross-fire from the elite German 352d Division, recently arrived from Russia and detected too late by Allied intelligence to alter the landing plan. Moreover, the landing was impeded by high seas and mines which swamped or sank most of the artillery and

amphibious tanks which were to have supported the infantry attack. Nevertheless, small knots of men made it across the exposed beach to temporary refuge behind the sea wall. Little progress was made before noon. Slowly, an intrepid few among the men huddled behind their uncertain cover began to work their way up the bluffs. By nightfall the 1st Infantry Division held on to a precarious foothold, nowhere more than a mile and a half deep. There had been 2,500 American casualties on Omaha Beach, but 34,000 others made it ashore.

Total D-Day casualties for the Allies, while considerable, were lighter than anticipated. U.S. losses for that day totalled approximately 6,600

men killed, wounded, and missing—including some 2,500 airborne troops. The British and Canadians suffered over 4,200 casualties—including 1,200 in the British airborne division.

The successful Allied landing on D-Day 1944 in Normandy was due in large measure to unity of command and the carefully coordinated planning, training, and execution by all services of the United States, Great Britain, and Canada. The organization of the invasion was brilliant and unprecedented—but nothing could have been accomplished without the bravery and tenacity of the soldiers who dropped from the skies or charged up the beaches.



A medic moves along a narrow strip on Omaha Beach administering first aid to men wounded in the landing. The men, having gained their comparative safety offered by the chalk cliff at their backs, take a breather before moving into the interior of the continent. (Photo courtesy of DOD)



Our Stars and Stripes

By Shirley Boullianne

On June 14, 1777, the Continental Congress passed a resolution that established the Stars and Stripes as the national flag. When Gen. George Washington saw the flag being flown by the Continental Army for the first time he is reputed to have said, "We are the stars from heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing liberty."

There is no particular order for numbering the stars in the flag and stars are not assigned to individual states. The stars

represent the states collectively and no particular star may be designated as representative of any given state.

The stars and stripes were born amid the strife of battle and it became the standard around which a free people struggled to found a great nation.

The flag that flew over the Capitol in Washington on December 7, 1941, when Pearl Harbor was attacked, was raised again on December 8, when war was declared on Japan. This same flag was raised three days later when war was declared against Germany and Italy. President Roosevelt called it the "flag of libera-

tion." This flag flew again from the mast of the U.S.S. Missouri during the formal Japanese surrender on September 2, 1945.

The flag has always been important to our armed forces. Since its inception it has been carried into battle, and many a man has given his life defending it. During one famous battle at sea the American flag was shot away. The enemy ship asked if the American vessel had surrendered. The ship was the "Bon Homme Richard," commanded by John Paul Jones. His response, "I have not yet begun to fight," will remain forever in our history books.

A glimpse of Hawaiian culture

by SSgt. Vicki Ohmacht

Hawaii offers a unique blend of mainland America and exotic customs, but even this state demands the same cultural adjustments common to any overseas assignment.

In an effort to give new personnel a glimpse of the Hawaiian culture during their inprocessing, Field Station Kunia recently purchased tickets to the Polynesian Cultural Center on the north side of Oahu. The 42-acre Center

has been called a "living museum" designed to help preserve the cultural heritage of Polynesia.

More than 350 personnel from the Field Station have taken advantage of the free tickets, according to SSgt. Robert Diehl, Human Relations, Equal Opportunity NCO and coordinator of the project.

"A visit to the Center

greatly enhances the new person's awareness and appreciation for Hawaii," Diehl commented. "It also offers flexibility to our commanders to combine this outing with a picnic or other unit social function."

Family members, as well as the soldiers, are eligible for the free tickets. The Field Station has also offered the tickets to assigned personnel in order to provide every sol-

Below left: A Samoan guide explains to field station observers the proper way to husk a coconut. A visit to the Samoan village also offers a chance to view rope braiding and mat weaving.



Below right: A trip to the Polynesian Cultural Center in Hawaii includes a show-stopping performance of native dance rituals. (Both photos by SSgt. Vicki Ohmacht, U.S. Army)



dier the opportunity to experience the Center, Diehl said. Alpha Company sponsored the first visit and attracted more than 160 people, followed by Bravo and Headquarters Company. The tickets will be used in the future for new personnel as part of the Human Resources program, according to Diehl.

Tourists can witness life in seven Polynesian cultures from Samoa, Aotearoa, Fiji, Hawaii, Tahiti, the Marquesas, and Tonga. Demonstrations vary from fashion shows to firemaking, coconut husking to poi pounding, and woodcarving to war club displays. A tour to the Brigham Young University is also offered.

"It was very interesting and enlightening of the different cultures," Capt. John Shultz, Alpha Company commander said. "There was great similarity between the cultures, and it was interesting to see how they adapted to their environment."

The Polynesians shared a common heritage thousands of years before they branched out to the different islands and new environments.

"Basically, it was one large village with four or five groups inhabiting a particular area," Sgt. Ron Davis explained. Davis, his wife, Debbie and son, Bryan, were "not disappointed," Davis added.

"I expected to see and learn a lot about the Polynesian cultures and I did. My wife learned a lot about how to break open a coconut, too," he said.

Davis recommends the evening Polynesian revue to cap off a visit to the Center.

"You actually get the idea you're on a small island surrounded by water," he said.



'Aloha' means welcome at the Polynesian Cultural Center.

Three-year-old Joel Wheeler, son of Sgt. Jeff and Celeste Wheeler of Alpha Company, points the way to the next village during the canoe tour. (Both photos by SSgt. Vicki Ohmacht, U.S. Army)





Quality Circle team members of the Central Security Facility, Fort Meade, are (L to R) Helen Bennett, Julie Burnham, John Dixon, Rosemary Smith, Rickey Wiseman, and Pauline Harris, team leader. (Photo courtesy of Susan Paul)

Quality Circles at CSF

In this age of computerization, stressful work and management environments, and constant concerns on productivity, we as managers sometimes fail to take the time to examine our operating procedures from the macro aspect to determine if there might be a better method to accomplish any given task. Too often, supervisors and employees will accomplish a task hundreds or thousands of times without really stopping to look for better methods to save time, funds, or make another employee's job a little easier. We have seen work procedures that seem to be cumbersome and consume an inordinate amount of time, but we just

by **Pauline Harris and
Maj. Earl S. Mahanay**

couldn't find the time to define the problem. Perhaps it's time to step back, look at the real or perceived problem objectively, and consult the employee responsible for the task to see if there might be a better way to do it.

Within the Central Security Facility (CSF) at Fort George G. Meade, Maryland, the employees have been asked to become involved in the analysis of their job procedures and have brought forth some interesting results.

The CSF's first Quality Circle was implemented in October 1983 within the Records

Retrieval and Microfilm Information Research Division, Investigative Records Repository. The Quality Circle Team was composed of Mrs. Helen Bennett, Mrs. Rosemary Smith, Mrs. Julie Burnham, Mr. John Dixon, and Mr. Rickey Wiseman. All team members were GS-04 employees in non-supervisory positions. These personnel were volunteers and were led by the Team Leader, Mrs. Pauline I. Harris. Mrs. Susan Paul served as the Facilitator for the Quality Circle.

During the first meeting, the Quality Circle Improvement Team identified problems within their respective work areas, refined those

problems, and established goals to eliminate some of the time-consuming steps necessary to conduct a search for missing dossiers filed within the Investigative Records Repository, which houses over 3.2 million personal and impersonal files.

In the problem refinement phase, the team found that 93 percent of all files requested could be located within the hour. However, the remaining seven percent of requested files could take up to 30 days to locate, creating the need for an extensive error search eight-point process. The team's analysis of this process revealed that during the search, all areas within the Records Repository, including file shelves, vault, and archives, would be searched in an effort to trace the missing dossier. If the dossier was not located by this method, a 21-point search would be conducted which would include a search within the office handling litigations and the areas where microfilm are stored showing dossiers that had been deleted during an earlier purge. An error sheet would then be prepared which involves a complicated transposition and reversal of the social security number or regular digits and prefix numbers. This manipulation of letters and digits can produce up to 160 different variations of dossier numbers that must be researched just to locate one individual file.

Recognizing early that this system was antiquated and cumbersome, the team recommended alternative methods of conducting the search process. After extensive study, research, and surveys were

completed, the team recommended elimination of two pages of the error search checklist and designed a new format to assist in the search for missing dossiers. Additionally, a recommendation was made to destroy over 135,000 jacketed microfilm that pertained to dossiers that had been deleted or were no longer valid.

The end result of this Quality Circle Team effort was realized in new search methods being devised and the destruction of unnecessary bulk microfiche records. These new procedures significantly will reduce the average search time for each record by 45 minutes and will save approximately 579 man-hours and \$3,787 in backlog alone, and an annual savings of 1,700

man-hours and a monetary savings of \$11,118 will be realized.

The Quality Circle Team concluded its efforts with the approval of its recommendation by the Steering Committee Panel and the Commander, Central Security Facility.

The application of Quality Circles can be tailored to most environments to produce problem definition and viable alternatives. The most important aspect of a properly conducted Quality Circle endeavor is the encouragement passed to employees who have an opportunity to become a part of the decision-making process. Pride in contribution fosters motivation and improves mission performance.

Seminar in Bavaria

by Sp5 Nancy Mills

Recently, the Second Seminar of Germany for Members of the U.S. Forces in Bavaria convened at the Foeresterhof Hotel in Kronach, a small city in Bavaria near the East/West German border. The seminar was attended by 15 enlisted members of the 18th MI Battalion in addition to five officers from the Third Infantry Division in Wuerzburg, four members of the First Armored Division Ansbach, and three U.S. Forces Liaison Officers.

Dr. Baer, the Bavarian State Chancellor, hosted the three-day seminar, which included

a tour of the East/West German border and several informative lectures. Dr. Otto Freundl of Munich University presented the history of the partition of Germany on Monday, after which two films, "A View to Over There," and "Our Friends Over There," were presented.

After breakfast Tuesday, the trip to the border began. The first stop provided a view of Heinersdorf, East Germany; beyond two fences, a three meter tall concrete wall and a guard tower. The fortified fences and guard towers were

frequently visible during the 102-kilometer border tour.

After returning to Kronach for lunch, a Youth Officer of the West German Army, Hauptmann Johann Stoeger, presented a lecture on the situation surrounding the "Peace Movement" in West Germany today.

Tuesday evening a reception was given by the Bavarian State Government at the

Old City Hall in Kronach for the participants in the seminar. On Wednesday Franz Ludwig Graf von Stauffenberg of the West German Parliament presented his views of the relationship between East and West Germany and prospects for the re-unification of Germany.

The seminar provided the participants with an opportunity to discuss the politics be-

hind the presence of U.S. Forces in Germany with people who are directly involved with these politics. It was a very enjoyable and worthwhile event. Hopefully, the Bavarian Government will remain concerned about the U.S. troops here and continue to present the seminar to promote a better understanding of the situation here.

Meeting in Turkey

Soldiers of the SSC USAEUR deployed to Turkey in support of a ministerial meeting held there recently.

Secure communications support was provided to the Secretary of Defense, Caspar Weinberger; Chairman of the Joint Chiefs of Staff, Gen. John Vessey; and the Su-

preme Allied Commander, Europe, Gen. Bernard Rogers.

The deploying element consisted of Capt. Dwight E. Williams, Operations Officer, SSgt. (P) Lawrence Penkala, NCOIC, SSgt. Samuel Leaks, Sp5 Andrew Guervera, PFC Clarence Eady, and PFC Daniel Canaday.

man, Sgt. Randall Chrispen, PFC Tracy Snellenberger, Sgt. Tony Figueroa, Tech. Sgt. Linda Craven, Sgt. Willie Woods, Sgt. Jason Meyers, and SSgt. Steve Leonard.

Also running were SFC Floyd Crider, 2d Lt. John Vance, SSgt. Gary Singleton, Sp4 Randy Kramer, Capt. George Gramer, Sp4 Renee Ballard, Sp4 Bonnie Payne, Sp4 Jessica Sarfaty, PFC Steve Long, SrA Laurie Corsi, PFC Gary McGillvary, 1st Lt. Charlie Orecchio, Capt. Mike Hutton, and Mrs. Teran Phillips. It was the third year that Arce, Rinehart, and Kilgore had participated, and also the third year that Gramer has organized the team and served as team captain.

Lackland AFB Security Police Academy repeated their 1983 Jog-A-Thon victory by both running 138 miles—more than any other team—and by raising a large number of pledges.

The outstanding showing by the Alamo Station—6993rd ESS team was the strongest in the three years they have participated. Team members were given letters of appreciation and a day off in return for the day they gave to help the children of CAMP.

CAMP in action

by Capt. George K. Gramer, Jr.

On Saturday, April 14, hundreds of San Antonians, including 33 soldiers and airmen from Field Station San Antonio and the 6993rd Electronic Security Squadron, spent their day at South West High School. They were the runners and support team for the 1984 Children's Association for Maximum Potential (CAMP) Jog-A-Thon.

This year's Jog-A-Thon was the fourth such annual event. The total proceeds go to

CAMP which provides recreational and day care activities for the severely handicapped children of San Antonio military and civilian families. The CSOC team, wearing lucky team number '13', came in fourth in total miles, over 123 miles at the end of the twelve-hour relay. The CSOC was in fifth place in total pledges.

Team members included SFC Mike Kilgore, 1st Sgt. Lou Arce, SSgt. Rick Rinehart, 1st Lt. Jim Goggin, Sgt. Lola Jackson, Sp4 Raymond Ojeda, SFC Eric Richmond, Sgt. Alan Bow-

Okinawa's Physical Fitness Seminar

by Maj. Leroy V. Cloney

Physical fitness is a crucial ingredient in the production potential of servicemembers.

Fit soldiers are alert, self-confident and have endurance. So, it's important for physical fitness programs to contain frequent challenges so soldiers don't become bored. Boredom can lead to a decline in fitness program participation which, in turn, impacts on productivity.

In addition to variety in a physical fitness program, the program must be shaped to motivate soldiers.

A few months ago, Field Station Okinawa hosted a seminar for physical fitness coordinators in all Army units on Okinawa. The seminar consultant, Thompson Barton from Lifetime Integrated Fitness Education Center, Inc., Novato, California, exposed the 40 participants to a wide range of activities. Barton clearly demonstrated that any sport can be fun and



Physical fitness seminar attendees, led by Thompson Barton (far right), perform Tai Chi forms. Tai Chi was one of many fitness techniques Barton presented. (U.S. Army photo by Sp4 Timothy Frame)

challenging.

Barton said that a lot of people are not active in sports due to a negative experience in their earlier years and that those experiences are usually in the 'right field position.' In softball, the 'right field position' in the game's location is where less valuable players are assigned, thereby creating a negative self image in the mind of that player.

Self awareness in sports affects coordination. The dynamics of audio and visual stimuli register in a person's brain the reality of a situation.

For example, if a participant says "hit" loudly when the ball strikes the tennis racket, he's forced to look at the ball. This technique is later discussed by the players after a brief practice so that the first player can be aware of 'blind spots.' Once aware, the player can concentrate on seeing the ball at all times and learns to use a natural body motion in playing the game. Good coordination is usually

achieved in a short time; expertise, however, requires a longer playing time and a lot of practice.

The seminar participants were exposed to different styles and techniques of physical fitness programs, including Felden Kreis (mind controlling the body) techniques and stretches. The full spinal rotation without stress produced amazing results. The stretches minimized, or banished, lower back pain during the exercises, and afterward.

After a week of exercising and using the new techniques demonstrated in the seminar, the participants were exhausted. Those who attended the seminar will continue to develop a body that is well, strong and alert—to them, those characteristics are essential. To them, fitness is a lifetime venture.

Editor's note: Maj. Cloney is the Provost Marshall at Field Station Okinawa.



Dr. Will Schutz (standing) guides SFC Charles O. Bain, Hq and Operations Co., Operations Battalion, through some Felden Kreis (mind controlling the body) techniques. Participants observe the activities. (U.S. Army photo by Sp4 Timothy Frame)

Seminar at FS Okinawa

by MSgt. Donald Medley

Dr. Will Schutz, a renowned psychologist who is considered an expert in the areas of interpersonal relationships and group development, recently completed four one-day seminars at Field Station Okinawa.

The command's objective for Schutz' visit was to expose as many people as possible in a short time to the theories he teaches.

The theories break down, basically, into two categories: openness and honesty.

Schutz believes an organization which can accept open and honest communication within its environs will be more effective.

Less time is spent on staffing, with more time spent on doing. Less time is spent on making excuses why a particular task can't be done, with more time spent on implementing the requirements of the task.

The feedback received has been mixed. From, "It was different, but some of the the-

ories make sense; I liked it," to, "It was a waste of time. That kind of thing will never work in the military."

As Schutz has often said, "If I decide that something won't work, it won't work."

Field Station Okinawa is the first and only organization in the Armed Forces that Schutz has worked with.

Editor's note: MSgt. Donald Medley is NCOIC, FS Okinawa's Human Resources Office.



Col. Bruce H. Davis, Group Commander, presents Certificates of Appreciation to (center) Mrs. Harriet M. Howe, and (right) Maj. Nancy Zizunas. (Photo by Sp5 Tony Devlin)

500th has new program

by Capt. M.A. Dangerfield

The Deputy Chief of Staff for Personnel of the Army has pointed out that the most important key to maintaining the force is taking care of our number one resource, the family. Taking this initiative, the 500th Military Intelligence Group adopted in part the concept of the Family Ombudsman Program. A three phase implementation plan was developed to insure successful implementation of the Ombudsman Program within the Group.

Phase one consisted of an evaluation of the local naval program and the existing local installation's support network. Phase two consisted of the development of an implementation plan, complete with written guidance. Phase

three consisted of the training and selection of the Ombudsman.

Phase one offered a chance to swap stories with our naval counterparts at Atsugi NAS and Yokosuka Naval Base, which gave us a very objective view of the realities of operating an Ombudsman program. Armed with these words of wisdom, we then contacted the Army installation support facilities to sell our product. Much to our surprise, not only did the Camp Zama area respond, but the Air Force support system at Misawa AB, where the 500th's field station is located, welcomed the program.

Using the ideas and suggestions acquired during these meetings, a comprehensive

Ombudsman program is written. The subject areas of the program included: overview of the Ombudsman plan, selection/retention of Ombudsman, working relationships, the community the Ombudsman serves, and training and administrative support.

During the second phase, the role that the Ombudsman would play within the 500th was developed. The Ombudsman's responsibilities include: educating family members on military programs designed for their use, handling grievances concerning local services, attending board or council meetings of the local services, resource manager, and communications link between spouses and the Group Commander and staff.

During the week of 2-8 October 1983, selected members of the Group received the Ombudsman Training Workshop. The instructors for this training were Maj. Nancy Zizunas of DCSPER and Mrs. Harriet M. Howe of the Military Family Resource Center. The training workshop was well received and covered topic areas such as commitment to the program, information and referral, local resource panel, communication skills, and a Commander's panel. The 500th MI Group expresses its appreciation to these instructors for a job well done.

As a result of this training, the Group's Ombudsman Program has expanded to accomplish the Group's goal of "taking care of 500th people," which is indeed the key to successful mission accomplishment.

family album



Sp5 Randall Runyon, accounting specialist at the 500th MI Group, searches computer printouts for the information that he needs.
(Photo by Sp5 Ramona Reznechek)

A life is saved

**by Sp5 Ramona Reznechek and
Capt. Donald C. Hendershot**

At the 500th MI Group in a recent emergency, Sp5 Randall Runyon and Sgt. David Hartman were there!

Runyon, 500th MI Group, and Hartman, U.S. Army Medical Department Activity, Japan, performed cardio-pulmonary resuscitation (CPR), a life-saving technique,

on SSgt. Douglas Robinson.

Robinson, 500th MI Group, had a severe reaction when he received a flu shot. Normally, a life-or-death situation does not occur as a result of a flu shot, but Robinson became unconscious.

Hartman and Runyon were there at the time of the emergency. Hartman, administering flu shots to others, heard someone say, "Hey,

Doug, what are you doing?" He heard no response and realized something was wrong.

Hartman tapped the unconscious man on the shoulder and asked, "Are you okay." Since there was no response, Hartman saw that emergency treatment was needed.

A quick check of Robinson's vital signs indicated that he had no pulse. "I was going to do a one-man CPR but Sp5 Runyon came over and the two of us performed a two-man CPR on him. We continued five-to-one compressions and ventilations until Robinson regained consciousness.

Later on Robinson recalled, "I remember sitting down because things started getting black—the lights went out." He continued, "I was really confused when I started coming to; there I was on the floor with lots of faces above me. I've had flu shots before and other kinds of inoculations and they never affected me like this.

"This experience has made me appreciate the people around me more than I ever did. I really value my friends now."

Previously, Runyon was certified as a CPR by the American Red Cross and the American Heart Association. He is also a certified Emergency Technician-A. For his quick action in saving a life and his professional CPR application, Runyon was presented the Army Commendation Medal. He was also presented a Certificate of Merit from the American Red Cross.



INSCOM's SFC Ron Gunter sits at his drums. His 16-piece set of drums includes the snare and the tom-tom. (Photo courtesy of SFC Gunter)

INSCOM's own is musician

SFC Ronald D. Gunter, currently assigned to INSCOM's Office of the Deputy Chief of Staff, Personnel, not only is a professional soldier but a professional entertainer as well. He has been playing professionally since 1968 and is currently playing percussion instruments with a local D.C. band known as "The Southbound Express."

Gunter has appeared in many locations throughout the states of Virginia, Maryland, and West Virginia.

Prior to joining the Washington, D.C. entertainment circuit, SFC Gunter played professionally in North Carolina. He has entertained many military and civilian dignitaries, including the Governor of North Carolina.

He also played at the wedding reception of pro-football player Jack Lambert's sister. As a musician and entertainer, Gunter has played with such outstanding groups as "The Drifters," "The Clovers," and "BJ Thomas."

Gunter said, "I like music. I chose the music profession because it allows me to express myself in many different ways and I simply enjoy watching people have a good time. I feel that by playing music, and by seeing happy people, I am somehow a part of their lives."

Gunter continued, "Although I had never formally taken music lessons, I became interested in drums at a very early age. My parents gave me a set of drums when I was

about 12 years old. I would practice four or five hours a day, and by doing so, gained confidence in my musical ability."

A native of North Carolina, SFC Gunter entered the military service in February 1971. Although he has completed over 13 years of military service, he has had only four different assignments, counting his current assignment with Headquarters, INSCOM. His assignments include one tour in Vietnam, an eight-year tour at Fort Bragg, and a three-year tour at Field Station Berlin.

Married and with two children, Gunter said, "My wife and family understand, and tolerate, my being away at nights. My wife understands my love of music."

family album

Soldiers reenlist on the Arizona

by SSgt. Vicki Ohmacht

Reenlistments are usually a routine affair involving paperwork, handshakes, and smiles for the camera, but two INSCOM Theater Intelligence Center-Pacific (ITIC-PAC) soldiers had something different in mind.

SSgt. Douglas Rockwell and unit Sgt. Maj. Richard E. Mueller wanted to reenlist on the Arizona Memorial in Pearl Harbor. "It was different, and was something to really remember this assignment by," Rockwell said. With his wife Kathy, and sons Brian, 11, and Eric, 9, in attendance, Rockwell was reenlisted by ITIC-PAC commander, Lt. Col. Kenneth F. Kelly.

Lt. Col. Kelly called the ceremony "... a stylish way to reenlist. It was the first time I did anything like that, and I think it adds flourish to a reenlistment," he said.

The World War II memorial spans the sunken battleship U.S.S. Arizona, the final resting place for more than 1,100 Navy men and Marines who defended the ship during the Japanese attack on Dec. 7, 1941. Painted in a glaring shade of white, the 184-foot-long concrete structure is easily sighted from different areas of Oahu. It stands as a grim reminder of the Japanese attack that left more than 2,000 servicemembers dead, as well as another 987 wounded.

The Japanese also hit other military targets on Hawaii, damaging Hickam, Wheeler, and Bellows Air Fields, Ewa Marine Corps Air Station, Kaneohe Naval Air Station, and Schofield Barracks as hundreds of planes were destroyed on the ground.

In the two-hour-and-forty-

minute attack, the Navy lost three times as many military personnel as it had lost by enemy action in the Spanish-American War and World War I combined.

Surprisingly, the Pearl Harbor facility survived the battle largely intact as the shipyards, fuel storage areas, and submarine base received little damage.

Today, the memorial has attracted more than three million visitors since its dedication in 1962. It houses a shrine chamber where the names of those killed on board the Arizona are engraved in a white marble wall. Although the ship is no longer in commission, the Navy Department allows the United States flag to fly daily from the flagpole that is attached to the severed mainmast of the sunken ship.



Lt. Col. Kenneth F. Kelly, ITIC-PAC Commander (left), assists SSgt. Douglas Rockwell remove the colors after the reenlistment ceremony on the Arizona Memorial in Pearl Harbor. (Photo by SSgt. Vicki Ohmacht)

527th soldier is honored

"Traffic control becomes a problem, therefore it is necessary that we have individuals who act unselfishly like you have." These were the words that Town Mayor Theo Voldano, Kaiserslautern, used to present the plaque of "Cavalier of the Road" to SSgt. David Brand.

On the night of June 26, 1984, SSgt. Brand was the witness of a traffic accident on Germany's highway B-270 between Otterbach and Kaiserslautern. Two vehicles collided head-on, and more than one person was injured. SSgt. Brand rescued the individuals from the wrecked vehicles and administered first aid until the police and ambulance arrived.

On the behalf of Police Director Dieter Krank, Brand was honored for his exemplary behavior. Mr. Krank mentioned that, in the first four months of 1984, the number of traffic accidents increased 9.6 percent above the percentage for the same months last year. There was a light increase in registration of new vehicles, but this was not enough to have any weight in comparison to the percentage of accidents. Alcohol and speeding were the primary causes of the accidents.

Mr. Voldano highly praised the "Cavalier," as a model to help overcome this problem.



Sgt. J. H. Bond's entry in the Designer Crafts Contest entitled 'Viva Villa' won Third Place.

Contest winners

The 1984 Designer Crafts Contest, held in May 1984, was divided into two main Groups: Group I (Novice) and Group II (Experienced). These categories allowed the contestants to enter at the level they chose. The contest was open to military personnel, Army-wide.

The contest was judged at Fort Huachuca on May 9 by three experts in different fields. The expertise of the judges included specialization in hand-carved furniture, wrought iron fixtures, textiles, jewelry, and three dimensional designs in silvermaking and metal work.

Group I (Novice)—Category 2, Wood: Capt. James T. Boyce, INSCOM, U.S. Army Element, DIA, Washington, D.C., won Honorable Mention for his contest entry which was a hand-carved Dining Table and Chair Set. The table constructed of oak

with walnut inlay, has a pedestal base, and is expandable from 60 to 78 inches. The four oak chairs, with cane seats, have a walnut inlay on the backs, legs, and arms.

Group II (Experienced)—Category 1, Ceramics: Sgt. Joseph H. Bond, INSCOM, Arlington Hall Station, Arlington, Va. won 3rd Place for his entry "Viva Villa." He first sculpted his design in clay and then made a rubber mold from the hardened model. He then poured plaster into the rubber mold which resulted in a casting of the clay sculpture.

Group II (Experienced)—Category 4, Fiber and Textile: Sp4 Emilo E. Arias, INSCOM, HQCUSA, AVC GMD, The Pentagon, won 3rd Place for his dual entry "Mask with Snake" and "Pink Hog." His two entries were made of paper mache and wheat glue, and painted with tempera.

Legally speaking

The Hatch Act

by Edward S. Adamkewicz, Jr.

In last month's issue of the *INSCOM Journal*, we summarized the laws and regulations governing the activities of soldiers and civilians under the Hatch Act. Remember the general rule is that federal employees may not actively participate in partisan politics. An employee may not run as a candidate or actively work in a campaign for any of the candidates of a national or state political party such as the Republican or Democratic Party. We will now address some of the most common questions asked about the application of the law to civilian employees.

Q. Does the Hatch Act apply to part-time employees?

A. Nearly all federal employees in the executive branch are subject to the Hatch Act, regardless of whether they are in the competitive or excepted service or whether they are full-time or part-time employees. Even consultants employed on an intermittent basis are covered on the days they are employed by the government.

Q. Does the Hatch Act apply while on leave? on weekends?

A. A federal employee does not escape the prohibitions of the Act during nonworking hours; and even when the employee is on leave or furlough, the prohibitions of the Act apply.



Q. What is the penalty for a Hatch Act violation?

A. For civilian employees, the most severe penalty is removal. The minimum penalty is suspension without pay for 30 days. Also, some offenses may be a violation of the federal criminal code. Military members may be prosecuted under the Uniform Code of Military Justice.

Q. May federal employees accept an appointment to public office?

A. Yes, as long as such service does not conflict or interfere with the performance of their job.

Q. Doesn't restricting political activities during nonworking hours violate the Constitution?

A. The U.S. Supreme Court has held that Congress has the power, within reasonable limits, to regulate the political conduct of federal employees. The Court noted that "it is in the best interest of the country, indeed essential, that federal service should depend upon meritorious performance rather than political service, and that the political influence of federal employees on others and on the electoral process should be limited."

Q. Are employees allowed to take a direct part in any election campaign?

A. Federal employees may take an active part in *nonpartisan* elections—even as candidates. In such cases, federal agency regulations governing outside employment apply.

Q. To what extent are employees permitted to express opinions on political subjects and candidates?

A. Employees may express their views publicly or privately about a candidate or about political issues. However, they may not engage in active campaigning for partisan candidates or speaking on their behalf at public meetings.

Q. May employees express opinions about the Equal Rights and School Prayer Amendments?

A. All employees are free to express their views and take action as individual citizens on such questions as constitutional amendments and referendum matters, and issues such as schools, highways and taxes. They can participate in meetings where these issues are discussed and they may join other citizens in presenting their views on such questions.

Q. What about bumper stickers?

A. Federal employees may express their private opinions on political candidates or issues on bumper stickers on their private cars.

Q. May federal employees make financial contributions to political organizations?

A. The rule had been that employees may make contributions to political organizations. However, the counsel to the President recently declared that since Section 603 of Title 18 makes it a felony for any federal employee to give a political contribution to their political superiors, this provision would be interpreted as prohibiting U.S. military and civilian employees from contributing to Reagan-Bush '84, the authorized campaign committee of the President. This prohibition does not apply to family members.

Q. May federal employees solicit or collect contributions for political organizations? Sell tickets to or promote activities such as fundraising dinners?

A. No.

Q. May employees attend political rallies and conventions?

A. Covered employees may attend, but only as spectators. They may not carry banners or placards. They may not be candidates for, or serve as delegates, alternates or proxies at such conventions.

Q. May an employee's spouse, if he or she is not covered by the law, engage in political activity?

A. Yes. The Act does not restrict the activities of any employee's family members.

Q. May an employee work as a part-time volunteer for partisan candidates if the activity does not involve contact with the public?

A. No. The law prohibits direct action to assist partisan candidates. Thus, the prohibition applies to doing clerical work at campaign headquarters, addressing and stuffing envelopes, canvassing voters, distributing campaign literature, and collecting political contributions.

Q. Are employees allowed to actively assist in voter registration drives?

A. Federal employees may participate in voter registration drives that are not identified with a political party or a partisan candidate for public office. They may not assist in a drive sponsored by a political party or by an organization that has become identified with a partisan candidate for public office. The Office of Special Counsel of the U.S. Merit System Protection Board has just extended this restriction to employee unions that endorse a candidate for public office.

Q. May federal employees serve as registrars or as election clerks or officers on election day?

A. Yes. However, they must not work at the polls on behalf of partisan candidates or political parties by acting as poll watchers, checkers, or in similar partisan positions.

Q. Are federal employees entitled to take time off from work for voting?

A. A federal agency may authorize limited time off for voting, chargeable to administrative leave.

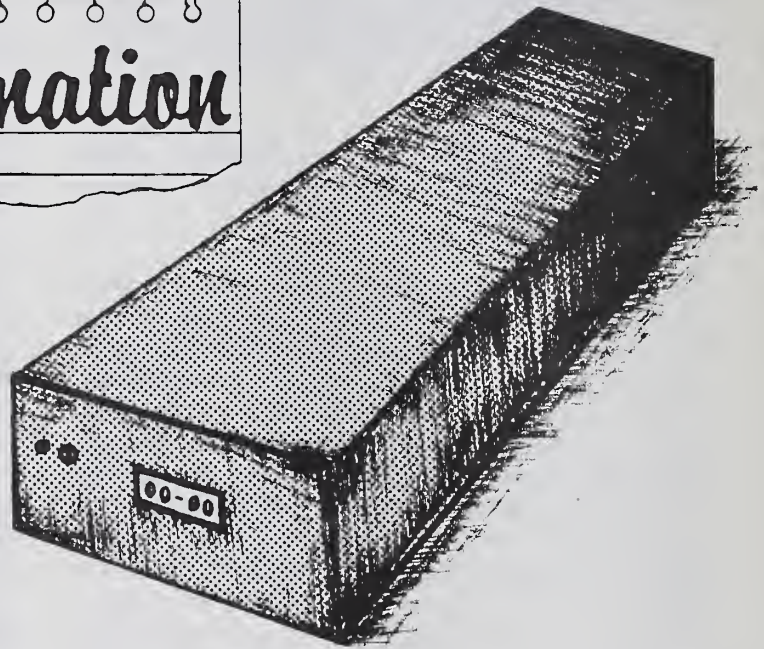
Q. Are there any instances when a federal employee may be a candidate or take an active part in a partisan election?

A. Yes. There is a partial exemption for local elections in the Washington, D.C. area and in other communities where a large number of

voters are employed by the federal government. In these designated areas, federal-employee residents may actively participate as an independent candidate or on behalf of or against independent candidates. Even then, they may not solicit and receive political contributions from other federal employees.

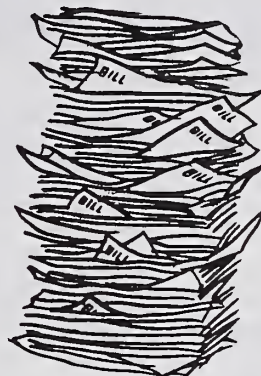
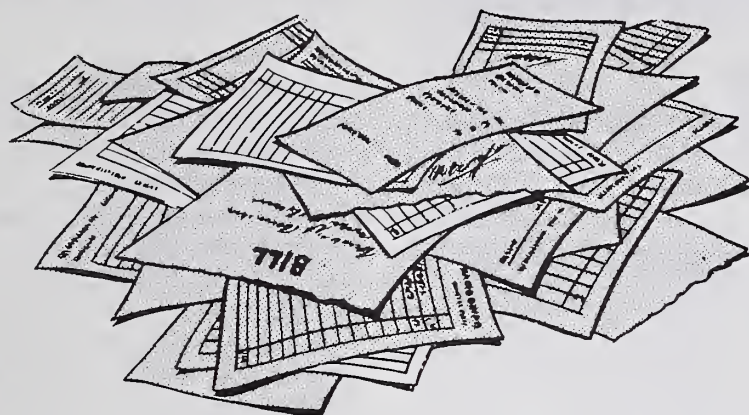
For your information

Safety Deposit Boxes



The following is a checklist of items you and your family need to maintain in your safe deposit box or with your lawyer, a relative or a trusted friend:

- Birth certificate for each family member
- Proof of marriage/proof of termination of any previous marriage
- Proof of citizenship if a naturalized citizen. (Original naturalization papers can never be replaced so it is best to carry only copies of these documents.)
- List of all bank and savings accounts (with addresses and account numbers). Include names of persons authorized to make withdrawals and sign checks.
- Real estate records—deed, mortgage papers, title abstract, title insurance policy, closing statements, insurance policy on house, survey of property, tax receipts, leases, building cost figures, receipts for any improvements, cemetery deed.
- Inventories of stored and shipped household effects
- Will
- Medical history of each family member
- Insurance policy on automobile
- Insurance policy on household effects
- Policy on separately insured valuables such as furs, antiques, jewelry, paintings, with written appraisals
- Social Security card for each family member, where applicable
- Employment records for each adult—names, places, dates; copies of any instructions entitling employee or survivors to special benefits such as insurance, pensions, stock options, etc.
- Income tax papers and significant tax returns (statute of limitations is 3–6 years)
- List of charge accounts and credit cards with numbers
- List of all assets and liabilities, including personal debts and debts owed to you
- Stocks, bonds, and other securities; date of purchase and their cost, who purchased them and in whose name they are registered; list of stocks pledged as security for a loan, name of stockbroker, serial numbers



Government Access to Financial Records

In the May issue of the *Journal* we informed you that your financial records may be subject to disclosure under federal law. As discussed, agencies may gain access to your records under the Debt Collection Act of 1982 only when a debt owed to the government is overdue and only after certain steps have been taken to notify the debtor and give him or her an opportunity to satisfy the terms of the debt.

Under the provisions of another federal law known as The Right to Financial Privacy Act of 1978, financial institutions such as banks, savings and loan associations, credit unions, credit card issuers, and finance companies may give financial information about you to a federal agency, only when certain access procedures to protect your financial privacy are followed. Army Regulation 190-6, titled "Obtaining Information from

by Ruth Rotzahan
and Edna Senior

Financial Institutions," provides the Army policy for implementing this act.

You might wonder why federal agencies would be interested in financial records on you, and how they acquire your records.

Your records may be accessed by the government, with your written consent, for the purpose of law enforcement investigations, including criminal, inspector general, and military intelligence/personnel security investigations. In overseas areas, your consent allows access to financial records maintained by military banking contractors or financial institutions located on Department of Defense installations. For other overseas or foreign financial

institutions, investigators must also comply with local foreign laws.

By far, the most common use of access by Army investigators is during personnel security investigations. If you have had a recent Background Investigation or Special Background Investigation and have completed a Right to Financial Disclosure Statement, you have been made aware that the provisions of this Act are designed to protect you and your right to financial privacy. Any consent you give is effective for three months only and must contain a "Statement of Customer Rights Under the Right to Financial Privacy Act of 1978." A copy of your consent will be provided to the financial institution which permits access to your records. Disclosure records must be maintained by that institution. If you give your consent, it may still be

For your information

revoked in writing at any time before your records are disclosed.

Your records may be accessed, without your consent, in emergency situations if investigators foresee an imminent danger of physical injury to a person, serious property damage, or flight to avoid prosecution. For this emergency access, a sworn statement to the appropriate court would be submitted, setting forth the reasons for this access. Notification to you would follow. Additionally, if

consent has been requested, and you decline to consent, a federal agency may still see your records by means of a lawful subpoena, summons, formal written request, or search warrant, once it has shown the court that its request for investigation and records is proper.

Your consent is not needed when a federal agency is conducting foreign intelligence or counterintelligence activities. When this occurs, the financial institution providing the information is prohibited by

Federal law from notifying you, or any person, that the records have been sought or obtained.

Generally (except as noted above) the federal agency must give you advance notice of its request for records, explaining why the information is being sought and advising you how to object in court. While it is not necessary, you may want to consult an attorney before making a court challenge to such a request for your records.

(An article in the next issue of the *INSCOM Journal* will discuss what use the government may, or may not, make of the information obtained on you under the Right to Financial Privacy Act of 1978.)

Army Physical Readiness Test

by MSgt. Norman J. Oliver

The results of the Army Physical Readiness Test and height and weight data come after the phrase "Demonstrated Performance of Present Duty" on Line C, Part III, of the Enlisted Evaluation Report.

APRT Data

The rater and the soldier verify one of these three entries: PASS, FAIL or PROFILE, and the year and month of the most recent APRT taken within the 12-month period before the last rated day of supervision. This is the only time information from outside the rating period may appear in the performance section. Samples: PASS 8403, FAIL 8404 or PROFILE 8405. Nu-

merical scores are not entered.

The rater must explain all FAIL or PROFILE entries in the performance evaluation. In the case of a failure, the rater should explain why the soldier failed and note any progress toward meeting physical fitness standards. The rater's comments on a profile should describe the soldier's ability to do assigned duties when the profile prevents taking one or more APRT events.

No entries are made for soldiers who haven't taken the APRT during the 12 months before the last day of the report. The rater must explain the lack of these entries in the performance narrative.

Pregnant soldiers are exempt from the APRT during pregnancy and convalescent leave following delivery. The attending physician determines the length of the convalescent leave. Pregnant soldiers will receive one of two APRT entries on their EER:

- If the APRT was taken before the pregnancy and within the last 12 months, the entry should be PASS or FAIL and the date the test was taken.

- If the pregnancy prevented taking the APRT within the last 12 months, the entry is left blank. However, the rater writes this explanation in the performance evaluation: "Exempt from APRT requirements IAW AR 40-501."

APRT entries aren't required for soldiers age 40 and older who don't have a medical OK to train. The rater must explain the missing entry. The most common explanations are: "Cardiovascular screen not completed;" "Cardiovascular screen completed but no

final medical clearance to take the APRT;" or "Cardiovascular screen completed, medical clearance granted and soldier awaiting next APRT."

Height and Weight Data

Right after APRT data, the rater enters the soldier's height in inches and weight in pounds. This information is current as of the last day in the rating period and is followed by a YES or NO to show compliance with the provisions of AR 600-9. The data will be typed in Part III, Line C, immediately following the APRT entry. (Examples: PASS 8403 72/180 YES, or FAIL 8404 68/205 NO.)

The weight-for-height screening table, Appendix A, AR 600-9, only determines who takes a body-fat test. Body-fat content determines whether a soldier is overweight.

A height and weight entry exceeding screening table limit and a YES entry indicate that a soldier has passed a body-fat test given by medical authorities. (Example: 72/210 YES.) On the other hand, an entry of NO shows the soldier failed the body-fat test. (Example: 70/205 NO.) The rater must explain why the test was failed, note any medical waivers and show progress or lack of progress in a weight-control program.

The YES or NO entry is left blank for soldiers who require a body-fat test but haven't taken it. (Example: 71/210.) The rater must explain this absence. Normally, the explanation should be: "YES/NO omitted because body-fat measurement has not been completed."

A rater's explanation is not required for soldiers who exceed the screening table limit but pass the body-fat test.

See Privacy Act Statement in AR 623-205, APPENDIX E.

ENLISTED EVALUATION REPORT (AR 623-205)

Propagated agency for this form is the US Army Military Personnel Center.

PART I. ADMINISTRATIVE DATA

A. LAST NAME - FIRST NAME - MIDDLE INITIAL

B. SSN

C. RANK (ASST)

D. DATE OF RANK

E. PRIMARY MOSC

F. SECONDARY MOSC

G. UNIT, ORGANIZATION STATION ZIP CODE APO MACOM

H. CODE/TYPE OF REPORT

I. PERIOD OF REPORT

J. FROM YEAR MONTH

K. THRU YEAR MONTH

L. RATED MONTHS

M. NONRATED MONTHS

N. NONRATED CODES

PART II. DUTY DESCRIPTION

A. PRINCIPAL DUTY TITLE

B. DUTY MOSC

C. DESCRIPTION OF DUTIES

PART III. EVALUATION OF PROFESSIONALISM AND PERFORMANCE

RATER	INDORSER	A. PROFESSIONAL COMPETENCE	SCORING SCALE (High)	RATER	INDORSER	B. PROFESSIONAL STANDARDS
		1. Demonstrates initiative	5			1. Integrity
		2. Adapts to changes	4			2. Loyalty
		3. Seeks self-improvement	3			3. Moral courage
		4. Performs under pressure	2			4. Self-discipline
		5. Attains results	1			5. Military appearance
		6. Exercises sound judgment	0			6. Earning respect
		7. Communicates effectively				7. Supports EO-EED
		8. Develops subordinates				
		9. Demonstrates technical skills				
		10. Physical fitness				
		SUBTOTALS				SUBTOTALS

PART IV. DEMONSTRATED PERFORMANCE OF PRESENT DUTY

1. Rater's Evaluation

2. Indorser's Evaluation

DA FORM 2166-6 OCT 81

REPLACES DA FORM 2166-6A, OCT 78 WHICH IS OBSOLETE

These soldiers receive a YES because they meet the Army standard. Raters may add clarification in the performance evaluation. Football players and body builders frequently fall in this category. Overweight can only be determined by medical personnel after measuring body fat. The screening table is just that—a screening table. It doesn't determine that a soldier is overweight.

Height and weight entries are left blank for pregnant soldiers during the period of pregnancy exemption. However, the rater writes the following in the performance evaluation: "Exempt from weight control standards IAW AR 600-9."

Here are some key points about APRT and height and weight entries on EERs:

- First, the soldier's signature in Part V of the EER certifies and authenticates the accuracy of the APRT and height/weight data on the EER.

- Second, an APRT entry of PASS clearly means the PT test was taken and passed on the date certified by the soldier.

- Third, YES means the height and weight are within the screening table or the soldier passed a body-fat test given by medical authorities.

Editor's note: This article first appeared in the May 1984 issue of *Soldiers* magazine.



18th MI Battalion has successful volleyball season

by Sp5 Roger Wellborn

The 18th MI Battalion volleyball team finished a successful season as it rolled to its second straight undefeated season in Munich competition. After capturing both the season and tournament championships for Munich, the 18th went on to represent them in the Southern Alpine Championships. Although sorely tested by the team from Bad Toelz, the 18th managed to remain undefeated in match play.

One of the keys to the team's success on the court was a trip to the USAREUR Volleyball Clinic conducted in Grafenwoehr, West Germany. The clinic was attended by team members Roger Wellborn and Patricia Hurtado. They returned with information on new rule changes and strategic techniques. This, coupled with two to three weekly practice sessions held prior to the beginning of the season, helped prepare the squad for victory.

As the 18th progressed to higher levels of competition, their opponents were surprised to see female starters on the team. Patricia Hurtado, Laura Kulmala, and Kimera Betz more than held their own



Kimera Betz and Craig Balzer watch as Vern Philyaw drives the ball over the net. (Photo by SSgt. Bill Haltiwanger)

against taller male opponents and the higher net used in men's volleyball. They were ably supported by Tina Wolfram and Heidi Ebner, who have a bit more height.

Returnees from last year's team, Craig Balzer, Steve Kulmala, and Via Pasi, were joined by newcomers John Covington, Vern Philyaw and Roger Wellborn to enable

coach Mike Snyder to assemble a formidable squad.

After their triumph in the Southern Alpine tourney, they went on to the Southern Bavarian Championship held in Neu Ulm. Although bested in two successive, closely contested, matches, this did not diminish the camaraderie and esprit of the closely knit 18th strikers.



Skiing in Garmisch-Partenkirchen

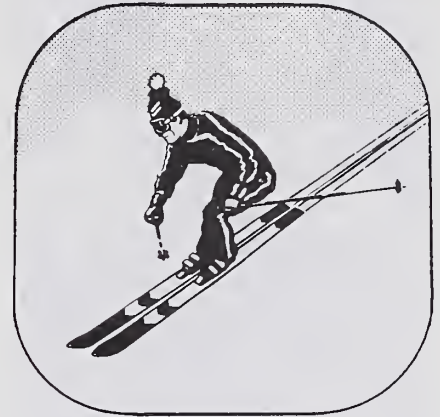
by Sharon Ruehmeling

The V Corps Ski Championships and the 21st SUPCOM Ski Championships were held in February in Garmisch-Partenkirchen. Competitions were held in both Alpine and Nordic events.

Sgt. Sharon L. Ruehmeling, of Detachment 2, Company A, 527th MI Battalion, represented the Mainz Ski Team for

the V Corps competition. Ruehmeling competed in the Women's open category in both Slalom and Giant Slalom, placing fourth in both events. Prior to the V Corps competition, Ruehmeling competed in the First Annual Ski Open at Wildflecken where she placed third in the Slalom.

In the 21st SUPCOM com-



petitions, Sp4 Anna Yeakel of Company A, 527th MI Bn, competed in both Alpine events. She placed first in the Women's Open Slalom and second in the Giant Slalom. Her placing gave her the opportunity to represent the 21st SUPCOM team in the USAREUR Ski Championships.



Maj. Gen. Albert N. Stubblebine III, Commander, INSCOM, presents Sp4 Cecilia M. McMillan with INSCOM's Fastest Runner (Female) Award. (U.S. Army photo by Sp5 Guy Benson)

Okinawa pursues challenge

by Sp4 Timothy Frame
and Sp5 Guy Benson

When CWO3 William Turner, FS Sinop, set a new 2-mile run record last year, the 37-year-old C-12 pilot invited other INSCOMers to better his 10:46 time ... if they could.

The challenge perked ears at Field Station Okinawa.



Sp6 Calvin Brown finishes the 1983 Family Fitness Day 10-K Run. (U.S. Army photo by Sp4 Timothy Frame)

Here was a great opportunity to build morale and esprit de corps, both at FS Okinawa and INSCOM-wide, through friendly, informal competition between the subordinate commands of INSCOM.

USACC-INSCOM's Sp6 Calvin Brown knew from experience that he could top the "Sinop Flash." A 10:31 2-mile time on Brown's last PT test had already proved that he was the fastest runner at Torii Station.

In childhood, "the guys on the block" instilled in him what Brown calls "natural speed." "We all grew up challenging each other. We had our own softball, football, and track teams ... and we'd challenge other blocks," Brown reminisced.

But why running?

"I just enjoy it," the 31-year-old shrugs. "I use

running to pull me away, solve problems that I have. I never want to stop running. As long as my legs are moving, I feel good."

Being "the best in the business," the gears kept turning at FS Okinawa. It wasn't long before someone said, "Hey, why not a fastest male AND female INSCOM soldier?"

Soon, a group of fleet-footed field station females was assembled and an official 2-mile run clocked at the Camp Foster Fieldhouse area.

The best time? A 12:46, turned in by USACC-INSCOM's Sp4 Cecilia M. McMillan. And the 20-year-old McMillan almost didn't run!

"I was under a lot of pressure from people telling me how well I should do," McMillan remembered. "So I almost decided not to run. Then something inside just said, 'Forget about all that and just do it for yourself.'"

That individuality and will-power comes from a competitive upbringing with nine brothers and five sisters.

"I grew up racing against my brothers and sisters," the 5-foot-7-inch, Garden City, Kansas native explained. "It was practically a daily tradition. We ran all the time."

A quarter-miler in junior high ("I was always the fastest in my class"), McMillan branched into long-distance running at Fort Gordon, Ga. She discovered she was better at that than sprinting.

McMillan summed up her feelings on running. "It's a commitment because you have to change your life. It's not something you can do once in a while. It has to be part of your life."

The stage was set for a new



INSCOM tradition. One that was inaugurated when Maj. Gen. Albert N. Stubblebine III, Commander, INSCOM, visited FS Okinawa at the end of February. He recognized McMillan's accomplishment with an award, officially making her INSCOM's fastest female soldier.

The fastest male at FS Okinawa, Sp6 Calvin Brown has been reassigned to Field Station Berlin. So we'll probably have FS Okinawa's male record challenged by him in the near future.

Editor's note: USAINSCOM Regulation No. 672-9-1, dated June 15, 1984, Decorations, Awards, and Honors: USAINSCOM Award for Excellence in Running will be ready for distribution soon. This regulation gives the rules and criteria for those individuals excelling in the two-mile run.

Marathon runners in Hawaii

by SSgt. Vicki Ohmacht

Definition of a marathon runner?

"A satanic gleam in the eye. Skinny, sneakered, and above all else, smug. Frequently runs distances that the aver-



age person would cringe at if he were to walk. Speaks in a foreign language that includes terms such as 'short' ten mile run."

True?

False. Marathon runners are largely admired for their health, endurance, and persistence. Jogging jokes aside, running has become the biggest exercise craze of the century. There are approximately 60,000 runners in Hawaii, giving the 50th state the highest number of runners per capita of any community in the world.

Field Station Kunia can claim its fair share of this running population. Seventeen personnel competed, along with family members, in the Honolulu Marathon, a 26.2 mile course held annually.

The field station marathon runners are a diverse group. The runner may be a family member who ran her "first and last" marathon in 1983; a 46-year-old warrant officer who runs a seven-minute mile and admits he enjoys "whipping the hell out of these younger guys"; a 22-year-old private who runs "for God" and "lets the Lord decide how far I run"; a sergeant first class who once weighed 248 pounds and ran the recent marathon at 160 pounds; a lieutenant who continues to run long distances despite a chronic foot injury; or a retired naval officer who began his running career the day he stepped off a submarine for his first shore duty at Pearl Harbor in 1978.

"There's not much room to run around in submarines," 42-year-old Charlie Bates explained of his delayed entry into the marathon scene. He's



Runners cross the finish line in the Honolulu Marathon. (Photo by Sp4 Rick Miller)

made up for lost time. Six years and 16 marathons later, Bates has competed in the prestigious Honolulu Marathon five times. In 1982, he set a personal record when he finished in three hours and 26 minutes.

Bates begins preparing for a marathon three months in advance, running up to 70 miles a week. Post-marathon, he runs from six to eight miles every other day and further on weekends, clocking in 12 miles on Saturdays and 20 miles on Sundays. He also participates in a weekly running clinic held in Kapiolani Park by famed marathoner Max Telford.

The one-hour training session features strengthening

exercises that include an occasional run up Hawaii's most famous inactive volcano, Diamond Head.

This dedication to the sport of running figures heavily in Bates' life. "I feel uneasy if I can't run for some reason," he said. Bates takes vitamin supplements equal to the daily minimum requirement. He doesn't believe in "carbo loading" that involves the depletion, then rapid consumption of carbohydrates before a race. "I think it adds unnecessary stress on your body when you want to be strong," he said. "I do eat more carbohydrates the last four days before a race, but I don't deplete my system first."

Running is for people of all ages, according to Bates. "Running isn't limited to young people. There are people in their 80s running marathons," he said. "Run and walk at first, and stick with it. It takes two to three months before you start to have the enjoyment and satisfaction that comes with running."

Bates also advises runners to "join a group. There are races practically every weekend on the islands. Hawaii is the best place in the world to run."

"It's hard to come up with an excuse not to run in Hawaii," Karen Stoecklin agrees. The 39-year-old wife of Capt. Christopher Stoecklin runs 15-20 miles a week near her Schofield Barracks home.

For the Honolulu Marathon, she ran eight miles three times a week and completed an 18-mile run on the weekends. She finished in the top 40 percent of the field, with a time of four hours, 11 minutes.

Stoecklin says the marathon



Charlie Bates of FS Kunia takes a stroll after completing the Marathon. (Photo by Sp4 Rick Miller)

was her "first and last." "The training took a lot of time and effort. I lost a lot of weight, and I don't think it's good for my body to put so much stress on it," she said. "The last eight miles I couldn't decide to run or walk. They both hurt equally. I ended up walking about three miles of the course."

Stoecklin now runs for distance and forgets the time clock. She advises novice runners to "make a schedule that is workable. Beginners often say they will run every day, and then they get tired of it. I run every other day to give

my muscles and mind a break."

1st Lt. Sherri O'Connor finds running to be the break she needs after work. "It feels good to come home, take off the heavy uniform, put on a light pair of sneakers and shorts and go running. You can almost feel the tension draining out of you," she said.

O'Connor has been running distances since high school. She continued the sport in college, and later set a record for one mile in combat boots at her ROTC advanced camp. Despite chronic bunion problems, she trained steadily for the 1983 Honolulu Marathon only to fracture a toe one week before the race.

Determined to compete, she padded the area surrounding the toe and ran 13 of the 26 miles before the injury forced her to quit. She will return to the racing scene, she states.

"It's a big part of my life because it is something I really work at and I want to be good at," O'Connor said. "I'm a creature of habit. I have to get that run in. And usually I'm glad I went out and ran, rather than succumb to the TV and couch." Her future plans include running a marathon in less than three hours, and trying out for the All-Army marathon team.

A healthy side effect of her long distance running is the absence of a weight control problem. "I like to eat, and I couldn't eat half as much as I do if I didn't run," O'Connor said. "So you could say I run to eat."

Another field station marathoner runs to avoid eat-

ing. SFC Carl Machemer tipped the scales at 248 pounds at one point in his military career. "I woke up one day and said to myself, 'it's time. You are 30 years old, you are obese, and your life style is not what you want it to be,'" he said. "So I began running and dieting. In four months, I had dropped 80 pounds, so I decided to give up running."

"It was easier said than done. The running had done me more good than I expected. In addition to the weight loss, it improved my temperament and it gave me an outlet for stress and job related problems," he said.

Machemer credits running with an increase in his self-confidence and improved duty performance. "It's almost an addiction now. I think it is essential in the standpoint that it's good for you," he said. "It gave me a tremendous amount of self-confidence. I started getting straight A's in night school, I maxed my skill qualification test, and the physical training test."

Machemer has competed in three Honolulu marathons, and found the first attempt to be a sobering experience. Weighing 160 pounds, he completed the run in four hours and ten minutes, but was forced to walk a part of the last six miles.

"In my training, I had gotten a little bit arrogant. I was one of those people who sprint the last mile and take a little joy in passing others," he said. "The marathon was the first event that met me head on and beat me. It was



Capt. Sarah Amoroso assists 1st Lt. Sherri O'Connor stretch out before the beginning of the Marathon.
(Photo by Sp4 Pam Taylor)

an acceptable time for a first-time marathon, but I left with the feeling I had failed.

"The following year I kept in mind that I hadn't completed the run, and it made me more tolerant of other people. I started helping others in their running," he said. "The marathon hung with me. I felt like 'you're not as good as you think you are.'"

Machemer shaved 22 minutes off his time during the second marathon and managed to trim his record by another ten minutes in the 1983 event.

Also competing was CWO 4 Jack Wilson, a 46-year-old who decided in January 1981 he was going to run in a marathon. Since that time, he's completed three marathons in

the past three months to bring his total to seven events. He ran marathons in Texas, Panama, Michigan and California, but considers Hawaii "a paradise for runners." A member of the Mid-Pacific Road Runners Club, Wilson runs four to five times a week in the Waikiki area and logs in 30-40 miles.

"I might go up to 55 miles a week if I'm training for a marathon," he said. Wilson has lost 45 pounds since he began the long distance running that altered his diet.

"I eat tons of ice cream, but I've cut back on red meat. I seldom eat steak. I eat fish, chicken, lots of rice and lots of carbohydrates," he said.

Wilson set a seven minute, 22 seconds a mile pace for the 1983 marathon, and says he enjoys the racing because of the competition.

"I enjoy whipping the hell out of these younger guys," he said "At the end of the race, I like to be at the finish line, clapping them on."

One field station runner who should be close on his heels is PFC Jimmy Magee. The Mississippi native started running after a high school football injury resulted in blood poisoning in his legs. A Baptist who attends church at Schofield Barracks, Magee credits his brother, Elie, and his religion for his interest in running.

"Elie was into running and he really pushed me after the injury," he said. "I hated running at first, but I found the more I prayed, the more I liked running. The more faith I found in myself and the Lord, the more I enjoyed it."

Magee says he runs an "unofficial" five-minute-mile that takes him everywhere from Schofield Barracks to the North Shore, and often twenty miles away to Honolulu. The 22-year-old considers a short run to register 10 miles on the Magee scale, and he classifies a long run as a 20-mile jaunt. He lifts weights and follows a vegetarian diet high in fruit content. He runs daily, and the distance is determined by prayer.

"I leave it up to the Lord how far I run. If He wants me to run 12 miles a day, I'll run 12 miles. Sometimes I'll go out and the Lord will tell me, 'Hey, you have to run 15 miles today,' So I run it," Magee said.

"Running has really helped me and my goals. It makes me push toward what I want. I don't dread going out there and running, because I know running is going to get me where I want to go in life," he said.

Magee plans to enter the next Honolulu Marathon, and his decision to run is based on a common attitude among long distance runners.

Marathon runners often say they compete to improve their pace and time, and are not motivated by the desire to win.

"I want to run in the marathon this year just to see what I can do," Magee said. "I've never been in a marathon, and I just want to run it for speed and time. See how fast I can go, and have someone else time it.

"I'm not running for the competition," he went on to say, "I'm running for myself."



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